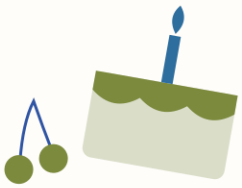
Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

AEGEAN COBALT & SUN VILLA EDITION PDF



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch							
Dinner							
Snack							

Fish nights

Legumes

Herbs

Olive oil staples

Mediterranean Diet Weekly Menu & Olive Oil Pantry Staple

AEGEAN COBALT & SUN VILLA EDITION PDF



Grocery list

- ○ Broccoli
- ○ Eggs
- ○ Lentils
- ○ Tomatoes
- ○ Brown rice
- ○ Cucumber
- ○ Olive oil
- ○ Feta
- ○ Berries
- ○ Tuna
- ○ Sweet potato
- ○ Lemons
- ○ Kimchi
- ○ Zucchini
- ○ Walnuts
- ○ Sardines
- ○ Chickpeas
- ○ Pumpkin seeds
- ○ Sourdough
- ○ Greek yoghurt

Bakery

Protein

Pantry

Produce